



NORTH WEST TRIATHLON ROLE OF HONOUR NW Triathlon Championships Category winners 2022

SUPERSPRINT - BOYS

Nico Swart



SPRINT - MEN

Dawie Janse van Rensburg
Jacques Human
Ryno van Rensburg



STANDARD - MEN

Dylan Kruger
Romke de Jongh
Anton Schoeman



SUPERSPRINT - GIRLS

Melinda Dippenaar



SPRINT - LADIES

Jacolien Swart
Antoinette Hoogheimstra



STANDARD - LADIES

Mariette Hitge
Heidi Hanekom



SA Sprint Triathlon Championships February 2022

OVERALL - MEN

Dylan Kruger
Matthew Greer



AGE GROUP - MEN

Matthew Greer 20-24
Dylan Kruger 25-29
Dawie Janse van Rensburg 45-49
Pieter Henning 70-74



AGE GROUP - LADIES

Elmarie Laas 40-44
Jacolien Swart 40-44



SA Standard Triathlon Championships March 2022

OVERALL - MEN

Dylan Kruger

AGE GROUP - MEN

25-29



AGE GROUP - LADIES





NORTH WEST TRIATHLON ROLE OF HONOUR NW Duathlon Championships Category winners 2022

SUPERSPRINT - BOYS

Tihard Strydom
Wihan Strydom
Jansu de Beer



SPRINT - MEN

Rico Leijnaar
Isak Hitge
Andre Visser



STANDARD - MEN

Dylan Kruger
Dawie Janse van Rensburg
Andre du Toit



SUPERSPRINT - GIRLS

Fabiana Hans de Andrade
Melinda Dippenaar



SPRINT - LADIES

Rika Rossouw
Elmarie Laas
Jacolien Swart



STANDARD - LADIES




Mariana Gahler
Mariette Hitge
Antoinette Hoogheimstra





NORTH WEST TRIATHLON ROLE OF HONOUR SA Duathlon Championships July 2022

STANDARD OVERALL - MEN

Dylan Kruger 
Matthew Greer 


LONG DISTANCE OVERALL-MEN

Andre du Toit 

SPRINT OVERALL - LADIES

Rika Rossouw 
Elmarie Laas 


JUNIOR OVERALL - MALE





Rico Leijnaar 

SUPERSPRINT OVERALL - BOYS

Tihard Strydom 

SA Duathlon Championships July 2022 Age Group Medals





SUPERSPRINT - BOYS

Tihard Strydom 14-15 
Wihan Strydom 12-13 
Jansu de Beer 12-13 





JUNIOR - MEN

Rico Leijnaar 16-17 

STANDARD - MEN

Matthew Greer 20-24 
Dylan Kruger 25-29 
Dawie Janse van Rensburg 45-49 
Pieter Henning 70-74 

AGE GROUP SPRINT - MEN

Jacques Human 45-49 
Sydney Gregan 60-64 


LONG DISTANCE - MEN

Andre du Toit 55-59 

SUPERSPRINT - GIRLS

Fabiana Hans de Andrade 


AGE GROUP SPRINT - LADIES

Elmarie Laas 40-44 
Rika Rossouw 45-49 
Trudi Greer 50-54 

LONG DISTANCE- LADIES

Mariette Hitge 
